

power of one BASICS

**Make your goals come true with
 Power of One. It's as easy as**

- 1. Choosing a personal concern**
- 2. Setting a goal**
- 3. Planning and carrying out steps
 to meet your goal.**

WHO can participate in Power of One?

Any state and nationally affiliated FCCLA member can take part in Power of One.

WHAT is a Power of One project?

A Power of One project is an individual activity you create to reach a personal goal. Your project should relate to subjects taught in Family and Consumer Sciences and FCCLA. Projects must involve in-depth effort.

Each Power of One unit includes suggested projects. Feel free to adapt a project to your needs or develop your own project. Make sure your project relates to the unit and has been approved by your FCCLA adviser.

A project used in other FCCLA activities may be adapted for Power of One as long as it is an in-depth individual activity. For example, if you do a project on family councils in the Families First program, you can use parts of that project again in the Power of One unit, "Family Ties," by holding family council meetings at home.

HOW MUCH TIME do I have to spend?

You have no time limit and can work at your own speed. You should set a date for when you will complete your project. Your FCCLA adviser may give you a deadline.

HOW do I do Power of One?

Getting started is easy. Just choose a unit that interests you. You may want to do all five units some day, but just choose one to start. The units do not have to be completed in any particular order.

Then follow these steps for each Power of One project:

- Identify a personal goal
- Plan a project using the five-step planning process
- Meet with your adviser and/or an evaluation team
- Complete your project
- Submit the project to your adviser and/or evaluation team
- Be recognized by submitting forms at local and state levels.

You may do other units in the future. If you change schools or advisers, you may take your FCCLA records with you and pick up where you left off.

WHO can help guide me in this projects?

You may have a one- or two-person evaluation team to guide you through your Power of One project. Your team can help you select an appropriate project, put you in touch with useful resources, and evaluate how well you achieve your goals.

An evaluation team may simply be your adviser, or your adviser and another resource person. Your team members may be other FCCLA members or adults. They should be people you feel comfortable with, since you will turn to them for ideas and help. You are not required to have an evaluation team.